

Walking Safety
Safety Day

Walking can be a dangerous activity. More than 85,000 pedestrians were injured by automobiles last year.

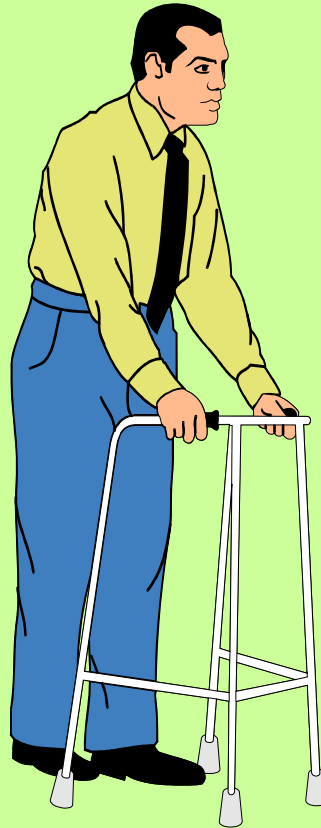


4,906 pedestrians were killed in traffic crashes

Dallas, Atlanta, Ft. Lauderdale, Tampa, St. Petersburg and Clearwater, Florida, are ranked as the five most dangerous cities for pedestrians.



**Senior citizens 65 and older are
most at risk for pedestrian
accidents**



55% of the pedestrian fatalities occur on neighborhood streets and local roads



By following simple safety rules, walking can be a safe exercise for anyone to enjoy in any

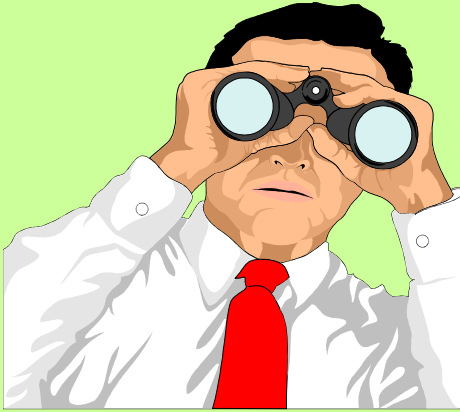
- **Most pedestrian accidents are the fault of the pedestrian, not of the driver.**
- **If you're walking to prolong your life, or just to get from here to there, there are precautions you should take**



Defensive Walking



- **Never assume a driver will stop for you.**
- **Cross at crosswalks.**
- **Don't start to cross the street on a flashing DON'T WALK signal.**



- **Before crossing a road, always stop at the curb, look left, then right, and then left again before crossing. Keep looking until you're across.**

- **At intersections, look over your shoulder for turning vehicles.**



- **When crossing between parked cars, walk to the edge of the parked cars and look carefully both ways before crossing.**



- **Wave you arms if you are in the middle of the street and are not sure that the driver has seen you.**



•Leave the Walkman at Home. How can you be alert to the dangers and sounds around you when you're focusing your attention on a baseball game or your favorite country and western or rock and roll songs? Keep your mind and your ears on your walking. Tune in to the surroundings.

• According to the National Safety Council, nearly half of all adult pedestrian accidents involve the use of alcohol. **Drinking and Walking don't mix.**





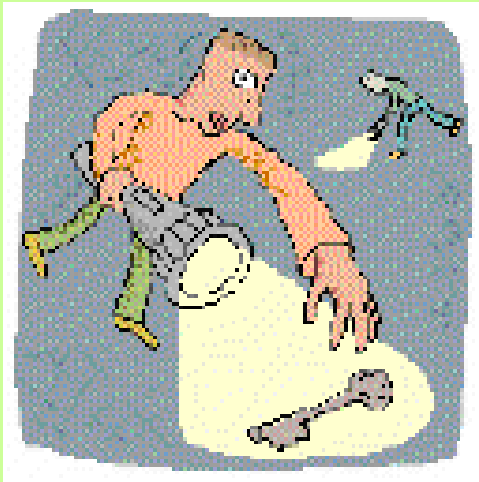
- **Be alert for cars backing out of parking spaces.**

- **When there aren't sidewalks, always walk or facing traffic, and stay as far to the left as possible**

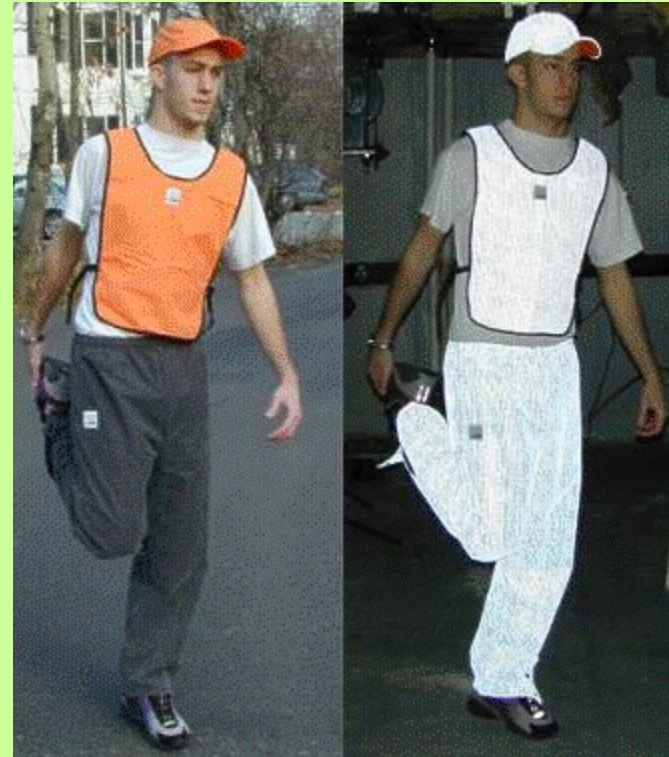


Staying Visible

- Pedestrians are seven times more likely to be killed after dark than during the day.



**Carry a flashlight
or light stick**



**Wear clothes trimmed
with retroreflective
material or light colors**

Security when walking

- Walk in the daytime or at night in well-lighted areas.



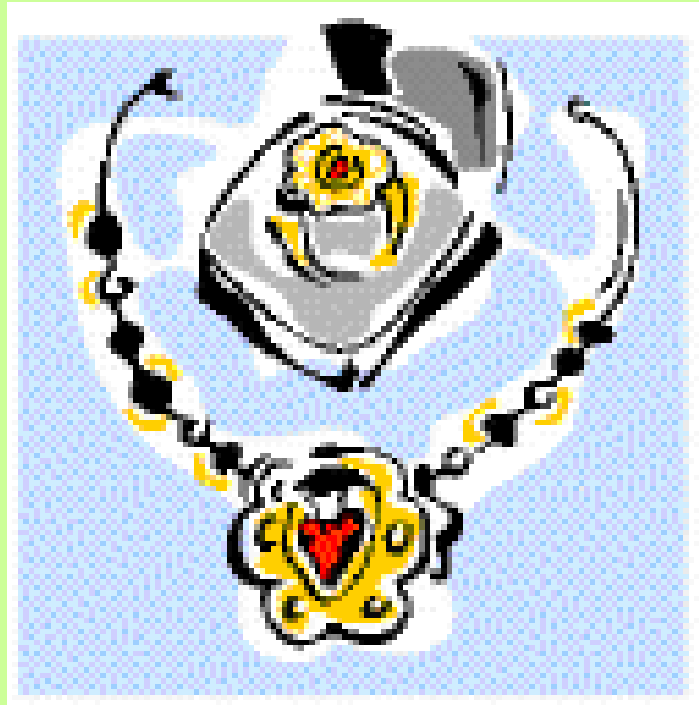


- **Walk in a group at all times.**

There is safety in numbers where you are least likely to be targeted by some criminal activity.

- **Notify your local police station of your group's walking time and route.**





- **Do not wear jewelry.**
- **The wearing of jewelry that is obvious and expensive could set you up as a target of opportunity to a would be robber.**

- **Deny Privacy.** It is a good idea to carry a cell phone.



- **Beware of places along your path of travel that could conceal a criminal (shrubbery, buildings recesses, etc). Avoid or keep a distance from these areas whenever possible.**

Recreational walking

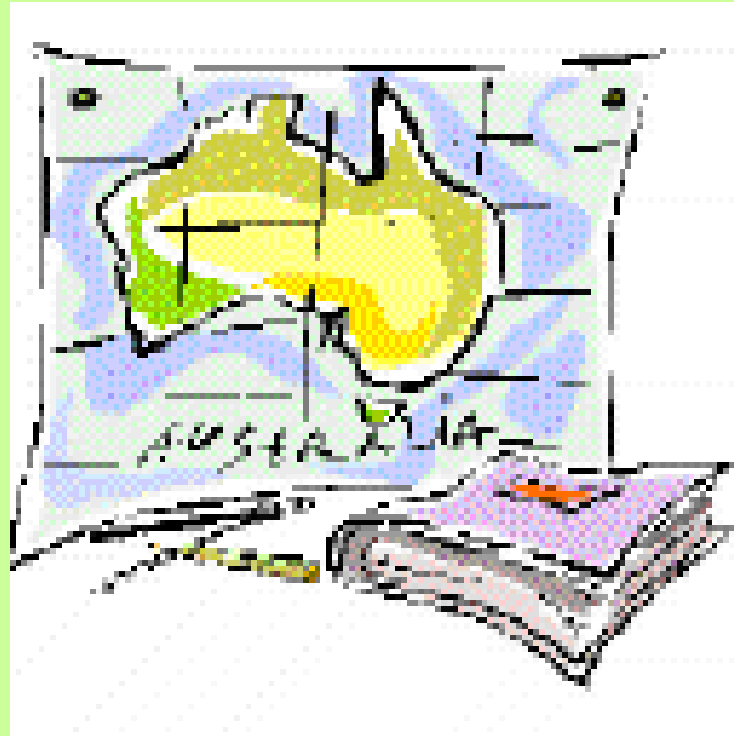
- **Plan your journey, and tell somebody your intentions.**



- **Obtain a local weather forecast.**



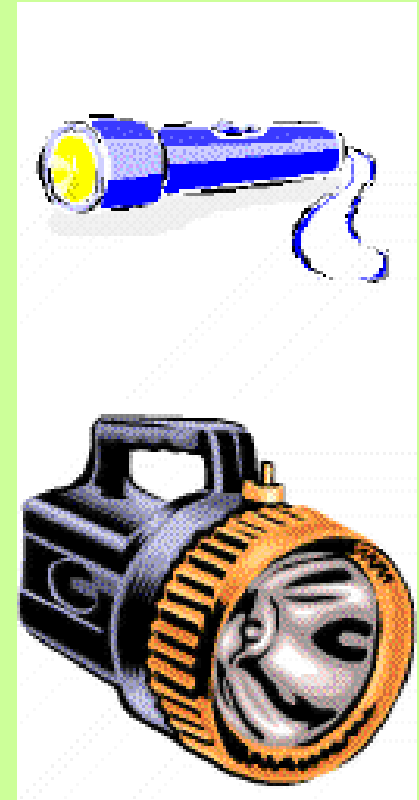
- **Check that you have the necessary maps.**



- **Carry a compass and know how to use it.**



- **Carry a torch (light source of some type) if you are likely to return late.**



- **Wear stout, waterproof footwear with a coarse**



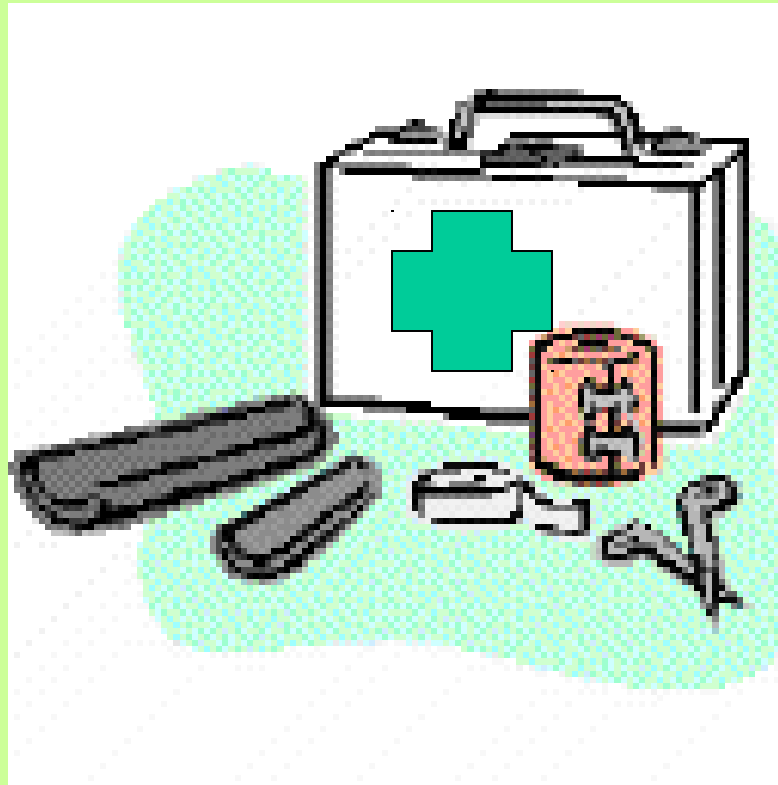
- **Wear warm clothing and carry waterproofs in car**



- **Carry refreshments to avoid the problem of hunger, fatigue and dehydration.**



- **Carry a small first aid kit and personal identification in case of accident.**



- **Take some money with you for refreshments or transport.**



**Remember, walking
for health or
enjoyment should
not be a life
threatening event.**

Questions?